

Abstrak

PENGARUH MUSIK GITAR AKUSTIK TERHADAP TEKANAN DARAH PENDERITA HIPERTENSI PRIMER DI DESA BANJARSARI WETAN

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Pendahuluan : Hipertensi merupakan faktor resiko utama penyakit kardiovaskular. Stress adalah faktor resiko hipertensi. Penanganan nonfarmakologik efektif menurunkan stres adalah terapi musik. Tujuan penelitian ini mengidentifikasi pengaruh terapi musik gitar akustik terhadap tekanan darah penderita hipertensi primer di Desa Banjarsari Wetan.

Metode : Desain penelitian *quasy experiment two group pre-post test design*, dengan *purposive sampling*. Total 40 responden, 20 responden mendengarkan musik gitar akustik 2 kali sehari dan kelompok lainnya 1 kali sehari selama 3 hari. Data *pre-post* terapi diuji dengan *dependent t test*, sedangkan perbedaan penurunan antara kedua kelompok dengan uji *independent t test*.

Hasil : Terdapat perbedaan tekanan darah sistolik dan diastolik sebelum dan sesudah intervensi pada kelompok 1 (p 0,000 dan 0,001) dan kelompok 2 (p 0,000 dan 0,001). Tidak terdapat perbedaan penurunan tekanan darah bermakna antara kedua kelompok sistolik (p 0,647), diastolik (p 0,353).

Kesimpulan : Terapi musik gitar akustik yang dilakukan 2 kali dan 1 kali sehari selama 3 hari dapat menurunkan tekanan darah pada penderita hipertensi primer.

Kata kunci: Terapi musik, Terapi komplementer, Hipertensi primer.

Abstract

THE EFFECT OF ACOUSTIC GUITAR MUSIC ON BLOOD PRESSURE OF PRIMARY HYPERTENSION PATIENTS IN BANJARSARI WETAN VILLAGE

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Background: Hypertension is a major risk factor for cardiovascular disease. Stress is a risk factor for hypertension. Non pharmacological treatment that can reduce the stress effectively is music therapy. The purpose of this research was to identify the effect of acoustic guitar music therapy on blood pressure in primary hypertension patients in East Banjarsari Village.

Method: This research used quasy-experimental two group pre-post test design, with purposive sampling. The samples were 40 respondents. For 3 days, 20 respondents listened to acoustic guitar twice a day and other groups 1 time a day. Pre-post therapy data were tested by dependent t test, while the difference in a decrease in blood pressure between the two groups was tested by independent t test.

Results: There were differences in systolic and diastolic blood pressure before and after intervention in group 1 (p 0,000 and 0,001) and group 2 (p 0,000 and 0,001). There was no difference in a decrease in blood pressure significantly between the two systolic groups (p 0.647), diastolic (p 0.353).

Conclusion: Acoustic guitar music therapy performed twice and once a day for 3 days can reduce blood pressure in patiens with primary hypertension.

Keywords: Music therapy, complementary therapy, primary hypertension.